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#metoo

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Tuesday, October 17, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

A social-media campaign has hundreds of thousands of women, as well as some men, sharing that they've experienced sexual harassment or assault. 4



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WELCOME TO METRO

KIMBERLY M. AQUILINA, WEB REPORTER

I tweeted #MeToo today because I was sexually assaulted by a family member seven years ago. Less than a year ago, I finally had that moment where I took my power back. I don't need to scurry away in fear or have an anxiety attack when I see him and spin out of control for a week. He did wrong. Speaking out was the right thing. Whether you are the victim of catcalls, ogling from strangers or off-handed comments from the boss, you are not the problem when you speak up. You are not making everyone else's day worse. You are doing the right thing. And you will have your moment when you get your power back. Today Metro changed its logo to #Metoo to help raise awareness about the prevalence of sexual assault and harassment in our society. Read on or visit metro.us for our full coverage.



BERGDAHL PLEADS GUILTY TO DESERTION

I Army Sergeant Bowe Bergdahl, accused of endangering fellow soldiers who searched for him after he walked off his combat outpost in Afghanistan in 2009 and was captured by the Taliban, pleaded guilty to desertion and misbehavior before the enemy. In court, Bergdahl admitted leaving his post in Paktika province in June 2009. He said he got lost after 20 minutes, was captured two or three hours later,

and that he never wanted to put anyone at risk. "I was captured by the enemy against my will," the 31-year-old Idaho native told the hearing. "At the time I had no intention of causing search and recovery operations. ... It's very inexcusable." The offense of misbehavior before the enemy carries a possible life sentence. Neither side has said whether Bergdahl has entered into a plea agreement with prosecutors.

FBI: US POLICE DEATHS ON DUTY SPIKED IN 2016

2 Sixty-six police officers were killed on the job by felons in 2016, up about 61 percent from 41 deaths a year ago, the FBI said. The number was the second highest since 2011, when 72 officers were killed by felons, according to the FBI report. Attorney General Jeff Sessions in a statement called the numbers "shocking" and "unacceptable," and said the Justice Department would work toward reducing

violent crime. The findings bolster the so-called Blue Lives Matter movement, which advocates tougher hate-crime sentences for the murder of police officers. It was launched in response to Black Lives Matter, and gained momentum last year after police officers were killed in both Dallas and Baton Rouge. Forty-one officers killed last year were employed by city police departments, and 30 officers were located in the South.

OPHELIA HITS

3 Huge waves strike the harbor wall and lighthouse at Porthcawl, South Wales, on Monday as Storm Ophelia hit the U.K. and Ireland. Ireland was hit by an "unprecedented storm" on Monday that left two people dead, 120,000 homes and businesses without power and closed every school in the country. The storm also sent strong winds over the southwest of England and the south and west of Wales.

5
THINGS YOU
NEED TO KNOW



NFL SEEKS COMPROMISE SOLUTION TO PROTESTS

4 The NFL will try to find a way to move on from the controversial issue of players protesting during the national anthem before games when it meets with team owners in New York this week for a regularly scheduled meeting. The gesture by players who say they are protesting racial inequality and injustice has picked up steam ever since President Donald Trump criticized the league last

month for allowing players to do so. The issue is sure to command much attention on Tuesday and Wednesday when the world's top-grossing sports league meets with team owners, players and their union's leaders inside a Manhattan hotel. For its part, the NFL has said it will not seek a mandate for players to stand during renditions of the "Star-Spangled Banner" but rather seek out some form of compromise.

CUBA RESPONSIBLE FOR SOUND ATTACKS: TRUMP

5 President Donald Trump said on Monday that he believes Havana is responsible for a series of incidents that Washington thinks hurt at least 22 U.S. diplomats over a period of months in Cuba, prompting Washington to scale back its presence there. "I do believe Cuba is responsible," Trump told reporters at an impromptu news conference in the White House Rose Garden. "I do believe that.

And it's a very unusual attack, as you know. But I do believe Cuba is responsible." The United States has not formally concluded Cuba carried out the attacks, some of which involved high-pitched sounds, but it has said Havana is responsible for ensuring the safety and security of U.S. diplomatic personnel and failed to do so. At least 22 diplomatic personnel were affected by the unexplained incidents.

POLL

Half of young women in the United States have received explicit images they did not ask for.

50%

Source: Pew Research Center

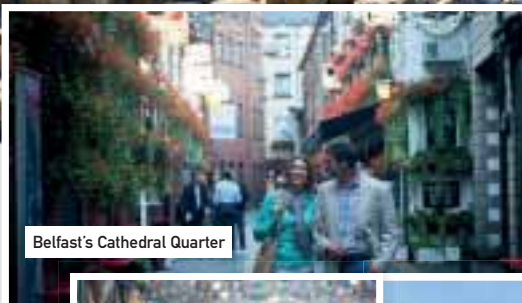
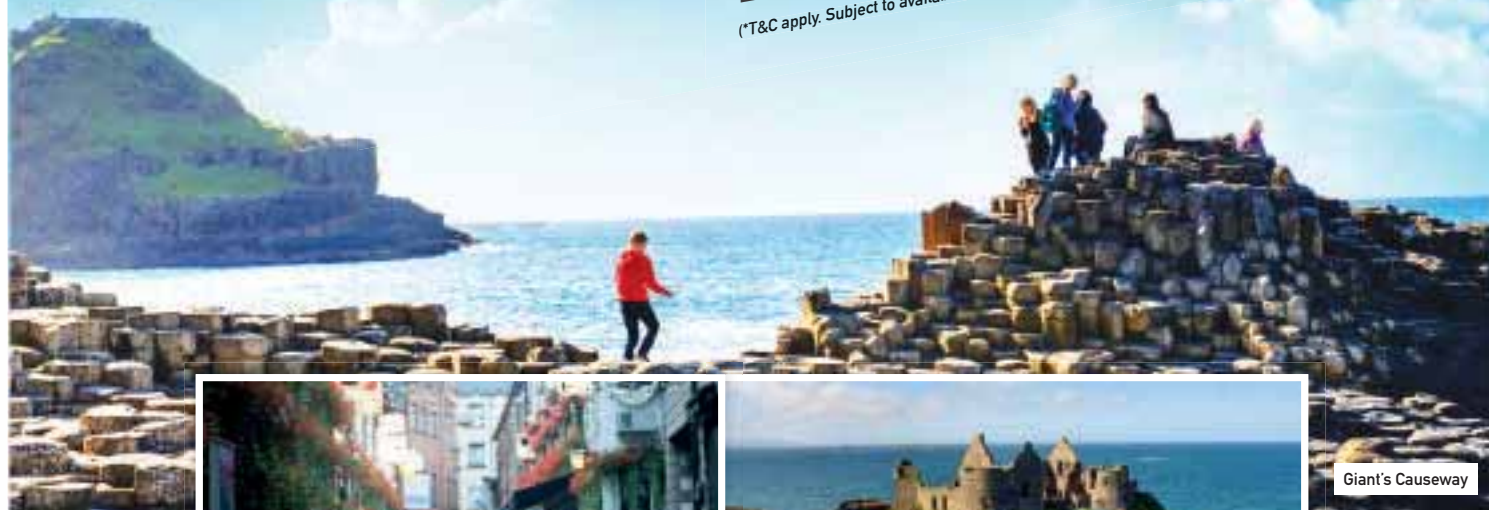




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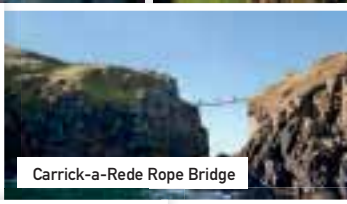
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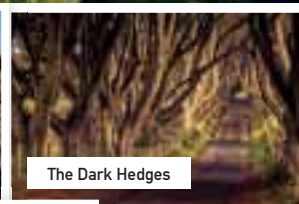
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How and why #MeToo is uniting the survivors of sexual assault

"There was this community to support survivors and acceptance that you could speak up for the first time," said Rachel Goldsmith of Safe Horizons.



NIKKI M. MASCALI
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After more than two dozen women recently came forward to accuse Hollywood producer Harvey Weinstein of sexual harassment, hundreds of thousands of others have joined them by using the hashtag "Me too" on social media.

The movement was sparked by a tweet from actress Alyssa Milano on Sunday afternoon. "If all the women who have been sexually harassed or assaulted wrote 'Me too' as a status, we might give people a sense of the magnitude of the problem," Milano wrote.

By Monday afternoon, the tweet had gone viral, with more than 47,000 replies.

"I see it as a sign that there are many women who have been experiencing sexual abuse/harassment throughout their lives and saw this as an opportunity to speak up and share their stories or a way to join the movement without talking about their experience," said Rachel Goldsmith, associate vice president of domestic-violence shelter programs at Safe Horizon, a victim-assistance organization that is an affiliate of the Rape, Abuse & Incest National Network (RAINN).

Metro: In a year in which we saw allegations against Donald Trump and Bill O'Reilly come to light, why do the accusations against



"If you feel empowered to come forward, that's great. But if you don't, that's also great. Perpetrators are the ones responsible for their behavior," said Rachel Goldsmith of Safe Horizon. **PROVIDED**

Weinstein seem to have struck a chord?

Rachel Goldsmith: I think every survivor's experience is unique, so it's difficult to say, but there was this community to support survivors and acceptance that you could speak up for the first time.

With so many women saying "Me too," where can they go from here, especially those who may have shared their story for the first time?

At Safe Horizon, we want people to know that there are resources — you don't have to process this alone. We have counselors; you can call our hotline, which takes 4,000 calls every year. There are services to help you, and there are no time lines for you to process your experience. You can reach out for support at any time.

How can women who may not be ready to discuss their experience process all this media coverage of Weinstein?

I encourage women to know they are not alone. There shouldn't be an expectation on survivors to come forward. If you feel empowered to come forward, that's great. But if you don't, that's also great. Perpetra-

tors are the ones responsible for their behavior.

To that end, why do you think there is so much victim-blaming after assault allegations come to light?

As a society, it's hard for us to fully accept that people do this to other people, but these are things that are happening to women on a daily, hourly, minute-by-minute basis.

Does a movement like #MeToo put sexual assault into perspective for those who may normally sweep it under the carpet?

It can, but it also takes an ongoing initiative. It can begin to raise awareness, [urge women] to continue to speak out, connect with service providers or reach out to different organizations. If this bothers you, there are things you can do with friends, family and work.



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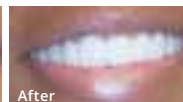
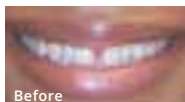
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Three women share their personal #MeToo stories in the hope of raising awareness

The #MeToo campaign shines a light on the magnitude of sexual assault and harassment that people endure.

In light of the viral #MeToo campaign, three women spoke to Metro about their per-

sonal experiences with sexual assault and harassment.

MORGAN ROUSSEAU

MADISON, MASSACHUSETTS

My first "real" boyfriend used to sexually assault me in my sleep. I was a teenager, and felt angry, ashamed and humiliated. Most of all, I felt powerless. It happened on more than one occasion, and he always had some excuse as to why he did it ("I was drunk," "I was dreaming," "You looked so beautiful.") Waking up in the midst of an assault carried out by someone I loved and trusted was absolutely horrific. When

things as sick as this happen, it's easy to hold it inside until you hate yourself. You feel dirty and guilty, even though you were innocent — even though you were asleep. It's saddening to see how many people have had #MeToo experiences, but I'm proud of every single person who speaks up. The more we can raise our voices, the closer we come to putting an end to this pervasive culture of sexual violence.

CYNTHIA, CALIFORNIA

"When presenting our National History Day projects in high school ... I think ninth grade. The projects were so tall, two of those 3-foot fold-out poster boards stacked one on top of the other. They were on tables so you couldn't see the other side of the room, it felt like

a maze. I was looking at my peer's posters when someone grabbed my ass. It was Bryan [a classmate]. He just grabbed my ass hard and kept walking. I was shocked and mortified and no one saw, so I never told anyone. My heart's still racing to this day typing this, and I'm 31 years old."



The #MeToo campaign has drawn support from women worldwide. GETTY IMAGES

KATHERINE, MASSACHUSETTS

"I have had my body touched by uninvited people countless times. I have received unwanted d—k pictures. The worst experience I had was during the winter of 2010. I was working at a restaurant in Davis Square and I would walk home after my shift. I was responsible for part of the late-night menu and would often leave after midnight. One night I was on my way home and was approached by a man who asked me for 'help.' I realized he was exposing himself to me and I yelled, 'No,' running to the closest business: 7-11 at the corner of Cedar and Broadway

in Somerville. He ran after me, grabbed me from behind, grabbed my breast and tried to rip open my jacket while I fought. He then ran off. I went to the police, had a sketch done. Nothing came of it. I didn't tell my family what happened because I was afraid they would say that if I didn't work in an industry with late hours and if I drove a car instead of walked this wouldn't have happened. I felt so tired of having to defend my right to exist in a public space and not be assaulted. We have that right. I was assaulted because a man chose to assault me."

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646-745-5725

Mount Sinai Union Square
10 Union Square East
Second Floor-Atrium
Contact: Lena Chang
212-420-4746

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NYC sets up service center for those displaced by the recent hurricanes

Individuals and families recovering from hurricanes Harvey, Maria and Irma can find support and assistance at this New York City center.



KRISTIN TOUSSAINT
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A service center will open next week in New York City to support those displaced from Puerto Rico, Texas, Florida, the U.S. Virgin Islands and other areas in the Caribbean following multiple recent devastating hurricanes.

The center, Mayor Bill de Blasio announced on Monday, will be open beginning Thursday, Oct. 19 at the Julia De Burgos

Latino Cultural Center at 1680 Lexington Ave. in Manhattan.

"New York City will help those affected by recent hurricanes in any way we can," de Blasio said in a statement. "We've been sending donations and emergency responders to affected areas, and now we're setting up a central location to help displaced people in our city receive essential services and assistance."

The center will provide in-person support and access to services for those individuals and families affected by hurricanes Harvey, Irma and Maria. The Department of Social Services will be present with both English and Spanish speakers to help people enroll in SNAP benefits, public health insurance, emergency food



Residents check their home after the roof was blown off in Quartier d'Orleans, on the Caribbean island of Saint-Martin. GETTY IMAGES

assistance and more.

The Department of Health and Mental Hygiene will be on site to provide mental health counseling, health insurance support and to detail information on immunization assistance

for those dealing with school enrollment.

Other providers include the Department for the Aging, Department of Education, the American Red Cross of Greater New York, the American Society for the

Prevention of Cruelty to Animals and more.

The center has received praise from multiple New York leaders like borough presidents, senators and city council members.

"Once again, our city rises to the occasion in

order to provide our fellow Americans affected by Hurricanes Irma, Harvey and Maria the assistance they require in their time of need," said State Sen. Gustavo Rivera in a statement. "I applaud the ongoing efforts of our City's administration that, unlike the lackluster and in some cases negligent response from the federal government, continues to set up safety nets for those displaced by these recent natural disasters."

The center will be open from 9 a.m. to 5 p.m. Monday through Friday, 10 a.m. to 4 p.m. on Saturday and 1 p.m. to 5 p.m. on Sunday. The city is encouraging those planning to stop by the service center to first make an appointment, starting Oct. 18, at nyc.gov or by calling 311.

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Poor black Brooklyn residents targeted more often for fare evasion: New report

A new report says that poor black residents are disproportionately targeted when it comes to arrests for jumping a subway turnstile.



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kristin.toussaint@metro.us

When it comes to policing fare evaders on the subway, a new report argues that the city targets poor black New Yorkers

for arrests in Brooklyn. "The Crime of Being Short \$2.75," a report out Monday by the Community Service Society, looks at 2016 fare evasion data in Brooklyn for where the arrests occurred and who was

most affected.

"In the first three months of 2017 alone, the NYPD reports that they have arrested 4,600 people for fare evasion [theft of service charges], an overwhelming 90 percent of them black

and Hispanic," the report reads. "In Brooklyn in 2016, young black men [ages 16-36] represent half of all fare evasion arrests, but represent only 13.1 percent of poor adults."

The report argues that the city is using its resources to criminalize poor, predominantly black residents — spending \$50 million every year on arrests, prosecutions and fines related to fare evasion — rather than using those resources to help poor residents access public transportation.

The top four stations in Brooklyn for 2016 fare evasion arrest rates are all near the border of Brownsville and East New York, areas where there is a high concentration of black poverty, the report says.

"While area poverty and criminal complaints play a factor in fare evasion arrests, neither fully account for this

racial disparity," the report reads. "New York City should be a beacon of progressive social policy in an era when federal support for the most disadvantaged Americans is fast eroding."

NYPD denies that they are targeting poor black residents.

"The public is fully aware of the fact that fare evasion is illegal. People who commit fare evasion are subject to a summons or arrest wherever and whenever these offenses are observed," the department said in a statement. "The NYPD assigns its resources within the transit system based on a number of factors, including level of customer activity; crime/quality of life conditions and citizen complaints. When offenses are observed police officers are expected to address them. We take enforcement action against those individuals who commit the offenses."

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Entrance to the Times Square station GETTY IMAGES

NYC SUBWAY

MTA resumes night work on No. 1, 2 and 3 subway lines for two weeks

Straphangers looking to go between Penn Station and South Ferry or the Barclays Center on the 1, 2 or 3 trains after 10 p.m. will need to find alternate transportation this week and next.

Due to the return of the MTA's Fastrack on the 1, 2 and 3 train lines, there will be no service between 34th Street-Penn Station and South Ferry or Atlantic Avenue-Barclays Center this Monday through Thursday and between Oct. 23 to Oct. 26 from 10 p.m. to 5 a.m.

The Fastrack work is part of the agency's Subway Action Plan that Chairman Joe Lhota announced in July, which promised improvements on the aged and beleaguered system within one year.

The night work on the 1, 2 and 3 lines will include repairing and replacing track, third rail, electrical and signal components as well as removing track debris and tunnel infrastructure repairs.

Additionally, station improvements such as painting, sign repairs and more will also be made during the two weeks of work.

NIKKI M. MASCALL

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NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment... prepares for over

By Matt Edgar
America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the **NY Pain MD** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B Medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they, too, can be helped. And newer research indicates it can help hips, ankles and shoulders as well".

What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 million Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good... or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilage is the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your "normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint—much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses its lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Viscosupplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider:** Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by a qualified Doctor.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months." And the best part is: Since these gel lubricants are natural substances; they can be used over and over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And...When Should You Start?

You should certainly consider The **NY Pain MD** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why ...

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight "pinching" sensation... that's it.

Why Treatments At NYC Pain MD Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known as Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible when using **NY Pain MD** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T). To achieve the best results.

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joint space up to 30% of the time rendering the treatment outcomes less effective.

How To Check Out This Breakthrough Treatment And See It Is Right For You For FREE

All the doctors at **NY Pain MD** are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

Here's How To Get A Free Screening at **NYC Pain MD**

Simply call 877-503-3720 and when Aura, Travis or Priscilla answers the phone tell them you want your No-Obligation “Knee Pain Screening”. Discover if The **NYC Pain MD** Program can ease your knee arthritis pain like it has already done for so many others.

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But There Is A Problem...

Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That's why **NY Pain MD** would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-503-3720 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a “**NY Pain MD Knee Pain And Arthritis Screening.**” They will know exactly what you are talking about and schedule you for our first time available. During this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the **NY Pain MD** protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hundreds calling weekly. Since our doctors cannot possibly screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounters. Therefore, the number of No-Cost,



No Obligation screenings is limited to just 20. But... just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized... ready to take on the brand new day ... without the arthritis pain that's been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just “imagine” any more... because our specialized medical regimen could be the answer you've been looking for. If you'd like to find out - at no cost to you - if we can help, simply give **NY Pain MD** a call at 877-503-3720 right now. Why wait one more day in pain when you may not have to? Call now before some one else gets your spot.

One More Thing & This Is Important...

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail... just keep calling back. The possibility of living pain-free is well worth the effort it may take to get through to **NY Pain MD** schedule your No-Cost, No-Obligation screening.

And don't forget: The special treatments are covered by many insurances and even Part B Medicare for qualified candidates. To schedule your No-Obligation screening and consultation, call to speak to one of our scheduling coordinators.

Call 877-503-3720 Now.

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Exploited miners are demonstrating for the rights to buy their apartments, which were acquired by Blackstone Group instead

Tens of thousands of flats worth billion dollars were illegally acquired by Blackstone

WRITTEN BY
Amy Smith

Blackstone Group owns a housing fund, which includes tens of thousands of apartments in the Czech Republic, Central Europe. These apartments were acquired in the past by non-transparent privatizations associated with corruption. A part of the privatization contract was an amendment that obliges the new owner of the housing fund that in the case of resale of flats, these housing units must be offered, on a non-market basis, to their original tenants – hundred thousands of

miners. Instead of this process, the new owner of the apartment sold the housing fund to the Blackstone Group. The Blackstone Group has taken over the assets, which are burdened with the claims of the original tenants, which were not respected, and the law was violated.

The Blackstone Group, as a publicly traded entity, acquired an approximately \$1 billion worth of assets in the Czech Republic with the risk of returning the assets back to the Czech state.

The tenants of these flats, aware of their claims, held a demonstration to raise awareness of this problem. Due to the immoral and



Exploited miners were demonstrating for the rights to buy their apartments, which were acquired by Blackstone Group instead: "Blackstone, fulfill the privatization contract!"

"The Blackstone Group, as a publicly traded entity, acquired an approximately \$1 billion worth of assets in the Czech Republic with the risk that it will be returned to the Czech state."

"The case of a housing fund that is owned by tenants under a privatization contract is linked to corruption, a

non-standard ownership structure, non-transparent funding and several litigations are currently underway."

"It's Blackstone's responsibility to tackle this problem effectively."

non-standard sale of the housing fund to the Blackstone Group, these tenants were severely damaged. Tenants went out into the streets and

demonstrated before the headquarters of the current owner of these flats with banners. Tenants were shouting towards the real owner Blackstone Group to return their "stolen" flats.

In the Czech Republic, this case is perceived very negatively across the political spectrum and the public. The current Foreign Minister of the Czech Republic has promised that if he is appointed as the next Czech Prime Minister, he will take all steps to resolve this case. The possibility of returning flats to the hands of the Czech state is on the table as well. The case of a housing fund that is owned by tenants under a privatization contract is linked to corruption, a non-standard offshore

ownership structure, tax optimization, and a series of related litigation is currently running. At this point, it is up to Blackstone Group to tackle this issue effectively.

The Arca Capital as an activist investor operating in the Central European region, owns share of Blackstone Group LP. The Arca Capital group as part of its investment highlighted this issue. Regarding this non-transparent privatization, Arca Capital filed a complaint against the European Commission. The entity gained a non-market advantage from the state for more than half a billion dollars, which is unlawful within the EU.

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Jury finds NJ man guilty in 2016 Chelsea bombing

An expert testified that Ahmad Rahimi was influenced by radical anti-American materials.

A New Jersey man was found guilty by a federal jury in New York on Monday of planting two bombs in Manhattan's Chelsea neighborhood in September 2016, one of which exploded and wounded 30 people.

Ahmad Khan Rahimi, a 29-year-old U.S. citizen who was born in Afghanistan, faces a mandatory life sentence in prison after his conviction on charges including using a weapon of mass destruction and bombing a public place. He is scheduled to be sentenced on Jan. 18.

Sabrina Shroff, a lawyer for Rahimi, declined to comment on the verdict.

Rahimi, dubbed the "Chelsea bomber," was also accused of planting a bomb on the route of a charity running race in New Jersey, which exploded without injuring anyone, and shooting at New Jersey police before being captured. He still faces separate New Jersey charges over those accusations.

Over the course of Rahimi's two-week trial in New York, jurors heard testimony from multiple people who were injured by the bomb, made using a pressure cooker and a cell phone timer, that exploded on Manhattan's West 23rd Street.

One woman testi-

fied that she was nearly blinded when a piece of shrapnel struck her next to her eye. Another man described the sound of the explosion as "doomsday."

Jurors heard from law enforcement officers who were at the scene of the West 23rd Street blast, and who removed an unexploded pressure cooker bomb found on nearby West 27th Street. Others testified about fingerprint and DNA evidence linking Rahimi to the bombs.

Prosecutors played a series of surveillance videos that appeared to show Rahimi walking around Manhattan carrying suitcases and a backpack in the hours leading up to the explosion. Another video appeared to show Rahimi testing an explosive device in his New Jersey backyard.

They also read from a bloody journal Rahimi was found carrying, in which he referred to Osama bin Laden and wrote that "the sounds of the bombs will be heard in the streets."

The prosecutors called an expert witness to testify about how Rahimi was influenced by radical anti-American materials found on his computer, including a publication called Inspire Magazine, believed to be produced by al-Qaeda.

Rahimi did not testify, and his lawyers did not call any witnesses. In her closing argument, defense lawyer Shroff focused on the West 27th Street

bomb, saying the evidence did not show that Rahimi ever meant for it to go off.

REUTERS

NORTH KOREA

North Korea warns states: Don't join any US action and you're safe

North Korea warned countries at the United Nations on Monday in a statement: don't join the United States in military action against the Asian state and you will be safe from retaliation.

The caution was contained in a copy of North Korean Deputy U.N. Ambassador Kim In Ryong's prepared remarks for a discussion on nuclear weapons by a U.N. General Assembly committee.

However, Kim did not read that section out loud.

"As long as one does not take part in the U.S. military actions against the DPRK [North Korea], we have no intention to use or threaten to use nuclear weapons against any other country," according to Kim's prepared remarks.

"The entire U.S. mainland is within our firing range, and if the U.S. dares to invade our sacred territory, even an inch, it will not escape our severe punishment in any part of the

globe," the statement read.

Tensions have soared between the United States and North Korea following a series of weapons tests by Pyongyang.

North Korean Deputy U.N. Ambassador Kim did tell the U.N. General Assembly committee on Monday: "Unless the hostile policy and the nuclear threat of the U.S. is thoroughly eradicated, we will never put our nuclear weapons and ballistic rockets on the negotiation table under any circumstance." REUTERS

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Ahmad Khan Rahimi faces a life sentence in prison. UNION COUNTY PROSECUTOR'S OFFICE

TRUMP LAWSUIT

Woman accusing Trump of misconduct subpoenas presidential campaign

A woman who has said that U.S. President Donald Trump groped her during a 2007 meeting has subpoenaed his presidential campaign for any documents concerning similar allegations, according to a subpoena filed in New York State Supreme Court.

Summer Zervos, a former contestant on Trump's reality TV show "The Apprentice," sought all documents from his campaign

pertaining to "any woman alleging that Donald J. Trump touched her inappropriately," identifying nine by name, the subpoena said.

Trump has denied Zervos' accusation in the past. On Monday, asked about the subpoena at an impromptu news conference, Trump called it "totally fake news."

"It's just fake. It's fake. It's made-up stuff, and it's disgraceful ... but that happens ... in the world of politics," he said.

Last October, Zervos held a news conference to say that Trump

kissed her, touched her breast and tried to get her to lie down on a bed with him during a meeting.

The accusation came a week after a 2005 video emerged showing the Republican candidate bragging about groping and making unwanted sexual advances.

"We served it simply to make sure that the documents get preserved," Mariann Wang, one of Zervos' lawyers, said in a phone interview on Monday.

BuzzFeed first reported on the subpoena late on Sunday. **REUTERS**

Mike Pence 'wants to hang' gay people, Donald Trump said

A new profile traces Pence's history of anti-gay actions.



MICHAEL MARTIN
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letters@metro.us

Trump motioned toward Pence and joked, "Don't ask that guy — he wants to hang them all!"

President Donald Trump once joked that Vice President Mike Pence wants to hang gay people, according to a new profile of Pence published Monday in the New Yorker.

Pence has been criticized for his far-right and homophobic views in the past. In the early '90s, he joined the Indiana Family Institute, a group that supported criminalizing abortion and campaigned against equal rights for gays. As a congressman and later the governor of Indiana, Pence has openly opposed same-sex marriage and gay anti-discrimination laws.

In the profile, Jane Mayer writes that President Trump enjoys needling Pence about his religiosity. She quotes two sources about a meeting with Pence in which the topics of abortion and gay rights arose:

"During a meeting with a legal scholar, Trump belittled Pence's determination to overturn *Roe v. Wade*. The legal scholar had said that, if the Supreme Court did so, many states would likely legalize abortion on their own. 'You see?' Trump asked Pence. 'You've wasted all this time and energy on it, and it's not going to end abortion anyway.' When the conversation turned to gay rights,

Allegations that Pence supported gay conversion therapy dogged him throughout the presidential campaign. On an archived website for one of his congressional campaigns, Pence's position on HIV/AIDS funding included the stipulation that "Resources should be directed toward those institutions which provide assistance to those seeking to change their sexual behavior." LGBT activists have interpreted that to mean gay-conversion programs, although Pence denied it.

As Indiana governor, Pence signed the 2015 Religious Freedom Act, which allowed businesses to discriminate against gays. There was a major outcry: Activists called for a boycott of the state, businesses canceled conventions and the NCAA criticized Pence's action. He later backed down and signed a less discriminatory version of the bill.

The New Yorker reports that Pete Buttigieg, the gay mayor of South Bend, Indiana, had tried to talk to Pence about the potential economic fallout of the bill. "But he got this look in his eye," Buttigieg recalled. "He just inhabits a different reality. It's very difficult for him to lay aside the social agenda. He's a zealot."



Vice President Mike Pence has taken criticism for his anti-gay policy positions. **GETTY IMAGES**

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Krack Attack: New security flaw poses threat to your Wi-Fi network

The new security flaw can allow hackers to steal information from your Wi-Fi network.



LENYON WHITAKER
@MetroNewYork
letters@metro.us

A recently discovered security flaw called Krack Attack could make your home Wi-Fi network vulnerable and allow hackers to gain access to your passwords, credit card numbers and other sensitive information.

Mathy Vanhoef, a wireless security expert at KU Leuven in Belgium, discovered the issue with the Wi-Fi Protected Access (WPA2) security protocol and posted information about it on Monday. If you're not familiar with the WPA2 setting, you may have seen it as an option to select when setting up your Wi-Fi network at home. It's used to protect your network from hackers.

The Key Reinstalla-

tion Attack (KRACK) works against the four-way handshake that takes place when you're joining a wireless local area network. The four-way handshake generally provides a secure authentication strategy to make it harder for systems to be hacked, but this new security attack is executed when you're joining a wireless network. All modern protected Wi-Fi networks use the four-way handshake system, making this new security flaw dangerous to just about anyone who uses Wi-Fi.

According to Vanhoef, the Krack Attack works against all modern protected Wi-Fi networks, and depending on how your network is configured, hackers could manipulate data on your device and inject malware into websites you visit.

Researchers were able to replicate the Krack Attack process on an Android smartphone to show how hackers can decrypt encrypted data. According to their

research, Linux and Android devices are more likely to get hacked because of the ways their encryption keys are configured.

How to prevent a

Krack Attack

At this point, it's probably best to continue to use WPA2 security on your devices; however, it is recommended to make sure all your apps, browsers and other soft-

ware are updated to the latest versions whenever they become available.

If there are any security updates available for your router, now would be the best time

to update your device.

As for browsing the web, if you're accessing sites that require you to submit personal information, make sure the site uses HTTPS encryption.



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- ☒ Constipation
- ☒ Frequent Urination



If there are any security updates available for your router, now would be the best time to update your device. iStock

HACKING TREND

Adobe warns that hackers are exploiting its Flash software

Adobe Systems Inc. warned on Monday that hackers are exploiting vulnerabilities in its Flash multimedia software platform in web browsers, and the company urged users to quickly patch their systems to prevent such attacks.

The warning came after cybersecurity firm Kaspersky Lab Inc. said a group it was tracking, BlackOasis, used the previously unknown weakness on Oct. 10 to plant malicious software on

computers before connecting them back to servers in Switzerland, Bulgaria and the Netherlands.

Kaspersky said the malware, known as FinSpy or FinFisher, is a commercial product typically sold to nation states and law enforcement agencies to conduct surveillance.

Adobe said it had released a Flash security update to fix the problem, which affected Google's Chrome and Microsoft's Edge and Internet Explorer browsers as well as desktop versions. REUTERS

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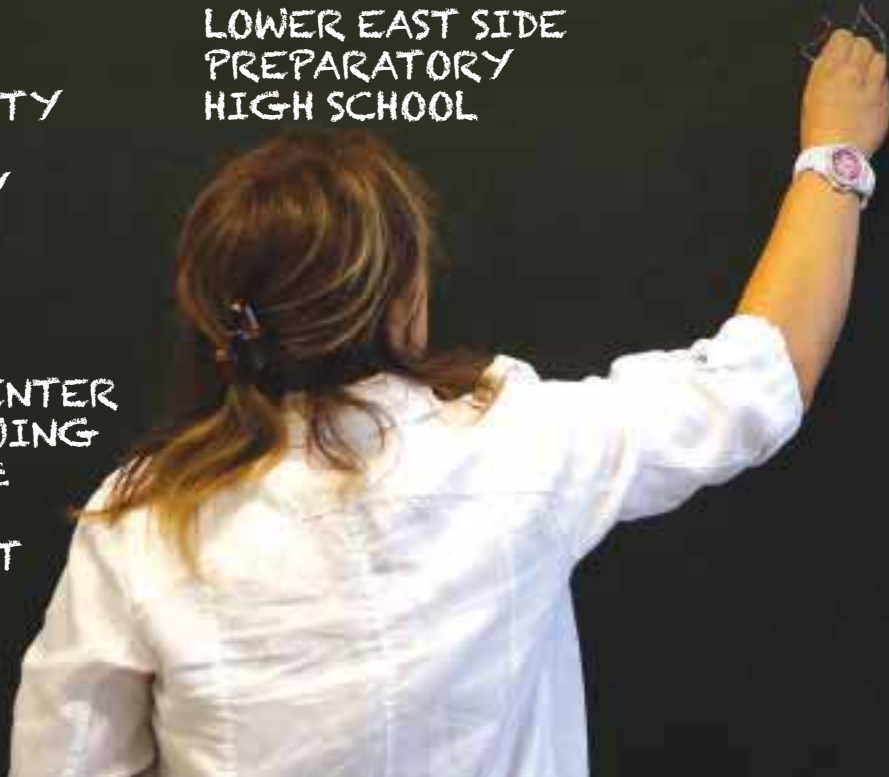
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4 ways to make money as a college student



NerdWallet is a personal finance website.

Cash-strapped students, take heart: There are ways to make money in college without sacrificing your sleep, studies or plasma.

Here's the rundown on four ways to earn some cash. The best option for you will depend on your needs: a steady paycheck, the occasional influx of coin or something you can put on the resume.

1. Side gigs

Consider college your main gig. Classes, homework and studying should take priority. But you can pick up work as your schedule allows, thanks to an ever-expanding gig economy. Side gigs let you dictate your schedule and workload, so you're not juggling three shifts during midterms.

IDEAS

Join TaskRabbit. Get paid to assemble furniture, do yard work, run errands or simply wait in line. You must be at least 21, pass a background check, work in a metro area where TaskRabbit operates and pay a \$20 fee. Read more about how to make money with TaskRabbit.

Become a Wag walker. Pick up one-off and recurring dog-walking gigs with Wag. The app-based service lets you choose between 30- and 60-minute walks, which pay \$20 and \$30, respectively, minus Wag's fee. You can also earn tips, which you get to keep in full. You must be at least 18.

2. Quick cash

Need money now? Like, right now? Turn your old clothes, shoes, and

electronics into fast cash. Selling items you don't use is an easy way to replenish your gas or grocery fund. Just make sure they actually belong to you because, no, your sister will not understand if you sell her sweater.

IDEAS

Clothing: Plato's Closet and Buffalo Exchange pay cash money on the spot for gently worn clothes, shoes, jackets, and handbags. Want to set your own pricing? Try Craigslist or Facebook Marketplace. Online consignment stores like ThredUp and Poshmark give you a wider potential customer base but don't pay out as quickly.

3. Part-time jobs

Flexibility is key here. You want a boss who will work around your class schedule, which will change every term, and your busy times at school — midterms, finals and major projects. Bonus points if the work aligns with your career interests or you can study on the job, says Timothy Jaconette, founder of Advanced Admit, a college guidance, and coaching company.

4. Paid internships

One of the main differences between a paid internship and a part-time job: Internships often satisfy academic requirements, something that can rarely be said about bartending or waiting tables. And while internships are typically temporary — a semester, a summer or an entire school year — they can turn into lasting career opportunities.

Internships "give you loads of contacts to be in touch with after graduation," says Valerie Streif, a senior adviser with Mentat, a career services company. "This is the best way to set you up with a career to walk into after you earn your degree."



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ways to avoid becoming a scary student-loan stat

Don't let your debt pile up.



NerdWallet is a personal finance website.

Student-loan horror stories are all too common these days. Here are seven ways to minimize and manage your debt to avoid those worst-case scenarios.

1. Exhaust federal student aid first

Private student loans tend to carry higher interest rates than federal loans. Private loans also offer fewer borrower protections, repayment options and opportunities for forgiveness, and they generally require a co-signer.

Before taking on private debt, submit the Free Application for Federal Student Aid, or FAFSA, to find out if you qualify for any grants, scholarships, work-study and federal loans. If you have any gaps that you and your family can't cover out of pocket, shop around by comparing lenders' interest rates, fees and borrower protections.

2. Limit how much you borrow

Before you borrow, understand the full scope of your college costs. Once you've exhausted savings, grants, scholarships and work-study, experts recommend borrowing no more than you can expect to make in your first year out of college.

3. Sign up for automatic payments

Payments that are more than 90 days late begin to affect your credit score. And if you go too long without making a payment on your federal loans, they'll default and the government can garnish your wages and tax refund. Your lender can also send a debt collector after you or sue you in

court to collect repayment. To avoid the risk, sign up for automatic loan payments. If you are still having trouble, talk to your servicer about switching to an income-driven repayment plan.

4. Explore alternative repayment plans

The standard 10-year repayment plan is the fastest and least expensive way to pay off federal debt. But you'll need another option if you can't keep up.

There are six alternative federal repayment plans: graduated, extended and four income-driven repayment options. Use the federal repayment estimator to see which you're eligible for, and contact your servicer to enroll.

5. Work with your servicer if you're in default

Default occurs when your payments are late: 270 days for federal loans and one day for private loans. You'll face calls from bill collectors and your balance will grow due to fees and interest. If you end up in default, your servicer might temporarily lower your payments or offer you other short-term options, such as deferment or forbearance.

6. Watch out for student-debt-relief scams

Student-debt-relief companies charge high fees to enroll borrowers in their plans, such as federal consolidation, forgiveness and income-driven repayment. But you can enroll in these plans free through your loan servicer. There's not much you can do to stop these companies from calling, but you can learn how to spot a scam.

7. Keep an eye on retirement, too

Retirement might not be top of mind when paying back your loans, but the sooner you begin saving, the more time your money has to grow. And if your company offers a 401(k) plan with a matching benefit, you should take advantage. ANNA HELIOSKI

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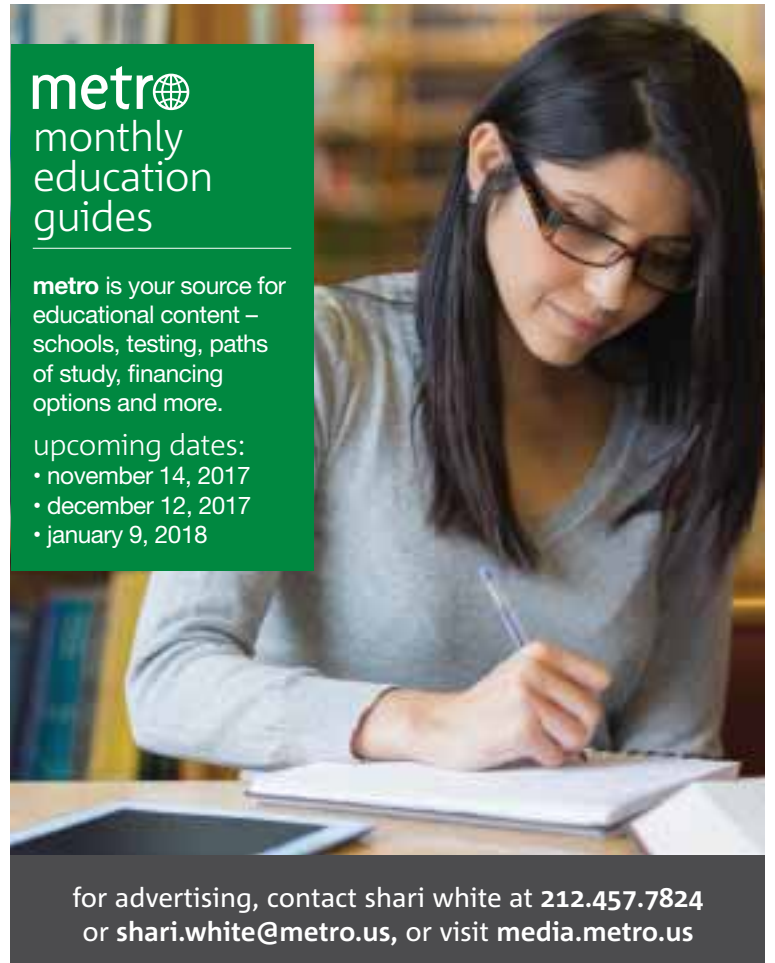
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Michael Fassbender & Alicia Vikander maybe wed

In news that is a huge blow to some of us, Michael Fassbender and Alicia Vikander may be married now.

There goes 24-year-old me's hopes and dreams.

Fassbender, 40, and Vikander, 29, reportedly tied the

knot in Ibiza over the weekend. Some random sources tell People that the couple exchanged vows at the La Granja farmstead resort surrounded by friends and family. Gross!

The couple started dating in 2014 after meeting on the set of a film nobody ended up watching, "The Light Between the Oceans." They made their debut as a couple at the Golden Globes in 2016, where Vikander was a double nominee for her performances in "The Danish Girl" and "Ex Machina."

Good for you guys, I guess.



He's a hot dude. She's an Academy-Award winning actress.

ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

Demi Lovato is fine with her ex's engagement

Over the weekend, a 28-year-old named Joe Jonas — most famous for being the most eyebrow'd of the Jonas brothers — and a 21-year-old named Sophie Turner — most famous for being Sansa Mother Flipping Stark — got engaged. She's too young, but whatever! The real question here is: What does Demi Lovato think about it?

Lovato, 25,



A case of the ex.

used to date Jonas way back when in 2010, you see. And she's giving her two cents on the future nuptials of Jonas and Turner. And not surprisingly, she's all about it. "HUGE CONGRATS," she wrote via Instagram comment. All caps hers, not mine. "Sooooo happy for the both of you."

Good thing these two have Lovato's approval. Now let's



wait for the rest of the middle Jonas' exes — the Taylor Swifts and the Gigi Hadids — and see what they think. JK, who cares.

Ed Sheeran had a little accident

Get ready for some news that will both shock you and awe you, and make you question why we're even on this Earth in the first place: Ed Sheeran has broken his arm.

The 26-year-old singer posted a picture on Instagram Monday

morning of his myriad bad tattoos, his right arm in a cast and a sling on his left.

"I've had a bit of a bicycle accident and I'm currently waiting on some medical

advice, which may affect some of my upcoming shows," he wrote. The Sun reports that Sheeran was riding his bike in London when he was hit by a car, but that news is so far unconfirmed.

You know, I broke my arm once riding my bike. My elbow to be exact. But it wasn't front page on People. What's the difference between me and Ed Sheeran? That remains to be seen.



Shocking. Upsetting. Bad.

the word

Kate Middleton cut her hair

Kate Middleton — who is pregnant with a third child, pushing the hot Ginger prince and his American girlfriend further and further away from the throne

— made a "surprise appearance" over the weekend. And guess what? She cut her hair! It looks the same as always, in this writer's humble opinion, but

the Daily Mail refers to it as both "shorter" and "glossier." What could it mean? I don't know, but it did look very good as she was dancing with a man dressed in a giant Paddington Bear costume.

Kate has spent a lot of time out of the spotlight since announcing her pregnancy, as she suffers from severe morning sickness. She even missed Prince George's first day of school! Poor thing.

Her due date hasn't been announced, but who cares? Her hair!



Her friendship with Paddington is #inspirational.

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John Boyega talks 'Pacific Rim: Uprising'

On both sides of the camera.

GREGORY WAKEMAN
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There's a lot of talk about big movers and shakers in Hollywood right now, but one that's receiving nothing but good press is John Boyega, "Star Wars: The Last Jedi" actor and now hands-on producer with his own company. And not one to start small, his first project is the \$150 million blockbuster "Pacific Rim: Uprising."

Were you wary about going into another sci-fi franchise?

"Definitely!" says Boyega. "My main fixation was character. I didn't want to do two franchise films where the characters are basically the same thing. Thankfully I had the opportunity to show that versatility is possible within two franchises by stepping into two characters."

What's the impact of fans on this sequel?

"One of the main reasons why I decided to have behind the scenes creative input is that 'Pacific Rim' is a franchise where the fans are just hopeful about it," he shares. "When the first film came out there was a back and forth about whether a sequel was going to happen, and that was a conversation for a long time. So this is sacred ground... We've made sure that the real fans are pleased but also new fans are up to speed as well. So we've got all your backs. Don't worry."

What made you want to become a producer?

"The big thing for me was getting to be involved in the big conversations that actors are not involved in," says Boyega. "To help influence the project in a way that we can attract the fans we want. The challenge for 'Pacific Rim' is to bring back an original idea that has a following, but also to introduce a new audience into this world. And that means a change of pace and approach, and being involved in those conversations. You know, it was funny. Because when I wrapped on set as an actor, I'd have to go to work as a producer. Which meant having two-hour-long meetings about visual effects where everything is explained, and I always wanted to implement my ideas into that, and find a place for my love for movies. And it was nice getting a 360 degree view of how things work that wasn't too academic. To be on the ground I learnt a lot, and it also impacts your acting a lot as well just in terms of how many elements are happening on set."

What did you want to achieve with "Uprising"?

"The best sci-fi has the best social commentary," he says. "I think sci-fi is able to comment on the world in a light way that isn't overbearing, and you're still having fun. I think the feeling of wanting to be a hero — to find the best strength within yourself — is something that people can relate with. When they go to see trailers and they see Batman and all those guys coming together to unite... People love unity. Especially in the sci-fi

genre. Hence why we're excited when one person from this film joins together with the others. And that's what I made sure 'Pacific Rim: Uprising' had a lot of." "Pacific Rim: Uprising" will be released in the spring of 2018.



John Boyega plays Idris Elba's son in the sequel.
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GETTY



4 Burgers for your agenda

Burger Bash 2017 once again took over the Pier 92 rooftop for a final epic cookout to determine the best burgers in town. ALL PHOTOS BY EVA KIS

We're back from Burger Bash 2017 with recommendations for the burgers you need in your life now.



EVA KIS
@thisiskis
eva.kis@metro.us

The burgers were very nearly upstaged at New York City's biggest burger event of the year.

Burger Bash 2017 all but came to a halt when Naughty by Nature took the stage at Pier 92, bringing a roof-shaking performance people still managed to groove along to despite having spent the previous two hours sampling 30 burgers.

Sprinkle on a few des-

sert sides like Coolhaus ice cream sandwiches (we're pretty sure there are still people standing in that line, it was so long all night), and the New York City Wine & Food Festival's main event was certainly an amazing final outdoor cookout of 2017.

The ultimate winner of Burger Bash 2017 was Le Rivage for its already low-key famous French Onion Soup Burger.

The audience favorite went to Black Tap Craft Burgers & Beer. Their crazy juicy Wagyu patty that was so rich, it was almost sweet. Dubbed the Greg Norman, the burger comes with buttermilk-dill dressing and blue cheese for a double hit of funk, and arugula so you can tell

mom you ate something green this week.

Here are our picks among the other 28 burgers to add to your casual dining agenda.



The Priscilla

The Baroness Bar + Kitchen

Long Island City is already on your radar for its burgeoning beer

scene — now, you've got a burger destination to hit up, too. Savory upon savory upon savory is a bold move, but this Elvis Presley-loving crew pulled it off. The Priscilla starts with a short rib-blended patty, topped with double-smoked pepper bacon, New York sharp cheddar and a shmear of their take on the King's favorite condiment, a spicy Thai peanut sauce, on a sea salt pretzel brioche bun. Talk about a hunk'a burnin' love. 4126 Crescent St., Long Island City, facebook.com/TheBaronessBar

Harold's Meat + Three

Bringing three Michelin star experience to Southern comfort food has had some delicious results at



HM3 Cheeseburger

Harold's Meat + Three. Of all the classic burgers — that's beef with fresh lettuce, tomato and raw onions — at Burger Bash, chef Harold Moore's cheeseburger stood out. His double Pat LaFrieda patties are smashed thin and get a good sear on the griddle before getting a cap of American cheese, veg, ketchup and mustard. Some things don't need frills. 2 Renwick St., Tribeca, haroldsmeatandthree.com



The Pig Beach Burger

Pig Beach

The barbecue stars of Gowanus' Pig Beach — recently expanded with indoor seating for winter! — brought a serious challenger to the classic fast-food burger category: Their signature Pig Beach Burger comes not slathered in smoky Carolina goodness but their own proprietary special sauce that should have McDonald's quaking in its red clown shoes, plus a slice of white American cheese and a hit of half-sour tang from housemade pickles. Talk about taking the basics and doing them right. 480 Union St., Gowanus



The Baked Brie Burger

The Committed Pig

Chef Jerry Rotunno's blended patty of short rib, hangar steak and brisket already packs a flavor punch, but then he added a few fall touches that makes us yearn to have him closer — The

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Doctors' offices are no longer the only places Americans are seeking health care. Consumers are now able to get immunizations and treatments for minor wounds and common ailments like strep throat at their drugstore, and pharmacists are often untapped resources.

October is American Pharmacists month, so Metro asked Dr. William Stratis, director of pharmacy services at the New York Eye and Ear Infirmary of Mount Sinai, to share some medication safety tips as well as the pharmacist's place on a patient's care team.

What can consumers go to pharmacists for besides having a prescription filled?

Pharmacists today

try to look at more of the total health of the patient versus years ago when they would say, "I want prescription A, three pills." "OK, here's prescription A, three pills." They're trained to be more aware of symptoms — they're huge educational jewels. We invite patients to get us involved so we can also bridge the gap between the other healthcare professionals.

How can patients best use pharmacists as a resource?

If you have one trusted pharmacy, go over the records with the pharmacist so their records are equal to yours and vice versa. This way, if you ever have to go to a doctor or hospital, you can have your active list, and

this is something that you would update while you're cleaning out your medication cabinet.

How should medication be stored safely?

You have to keep your medications in an area that's secure from children and pets. ... Many of our houses have medication cabinets in our bathrooms and they don't

have a lock and it's probably one of the worst areas keep medications because ... any degree of dampness and humidity can affect the potency of [an open bottle of] medication. So probably a good idea to have another area in a dry location that's well-lit.

How often should we purge our medicine cabinets?

I would suggest either twice a year—kind of like when you change the battery on your smoke detector — or If you are not taking the medication anymore or there's no need for that medication, you should get rid of it. Having excessive medications around only increases the possibility of adverse or drug-drug interactions.

What's the best way to get rid of expired medication?

Locate a pharmacy near you that has collection receptacles. Or find a police station, a fire department that holds "take-back" programs. Some organizations have mail-back programs where they

may send you either free envelopes or, for a minor fee, they'll take your medication back for you. Add water, ashes, dirt, coffee grounds, cat litter, or any wet substance to any expired medications or any medications that you're not using. Put them in some sort of plastic container and put tape over it. The last guidance, which on the one hand is counterintuitive but it's still a recommendation: If all else fails, flush it down your toilet.

The New York Eye and Ear Infirmary of Mount Sinai is holding a patient-education event at its North building, 310 E. 14th St., on Wednesday, Oct. 17 and Thursday, Oct. 18 from 11 a.m. to 3 p.m. Staff will be on hand to answer questions; there will also be material provided by the Poison Control Center on poison-proofing your home and protecting your medication. *SHEILA DOUGHERTY*

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It's not too late to get a flu shot

The CDC recommends that everyone six months and older get a flu vaccinated by the end of October.



KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

If you haven't gotten a flu shot yet, it's not too late. In fact, now is a perfect time: The Centers for Disease Control recommends that everyone six months and older get a flu shot by the end of October.

And be sure to get it while you're still feeling healthy: The vaccination takes two weeks to build up immunity against the virus, so give your body adequate time to develop antibodies.

According to Dr. Katherine Miao, the medical director of CityMD Urgent Care in New York City, it's never truly too late to get the shot. While winter is considered flu season, because the virus lasts longer and replicates more easily in the cold weather, the flu, unfortunately, is an illness that you're susceptible to any time of year.

We spoke with Miao about everything we need to know about getting the vaccination this year.

How the flu shot works

Miao explains that the flu shot contains an



The flu shot primes the body's immune system by exposing it to a small, inactive version of the virus. Because it's an inactive version of the flu, you won't get sick from the shot. **ISTOCK**

inactivated virus, to "prime" your immune system so it can build up antibodies to prepare it in case of a later exposure to the virus. She likens it to training your body: "Oh, I've played this guy before, I know how he plays."

A flu shot takes about five minutes and is typically free with insurance, and you can get one at a doctor's

office, via walk-ins at CityMD, even at pharmacies like CVS. Without insurance, it usually costs around \$30.

Why you can't get the flu from the flu shot

A common misconception is that getting a flu shot can put you at risk of contracting the

flu. Miao explains that it's perfectly normal to feel a little achy or run down a few days after your appointment, but you can't actually catch the flu from it because it contains an inactivated virus.

Other ways to stay healthy in the winter

Miao describes the flu as an "unseen, un-

heard" disease, with germs that can live on surfaces for up to 24 hours — she uses the buttons on an ATM machine as an example. In addition to getting a flu shot, you should be vigilant about washing your hands.

And if you are experiencing symptoms — typically, fever, chills, body aches, cough and headache — you should

stay home to the best of your abilities, Miao advises, so that you can recuperate and keep from infecting others. Take a sick day from work and, if you can, stay away from busy places like the subway and the grocery store. If you are out in the world and have to cough or sneeze, do it into your elbow to minimize the spread of germs.



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2017-18 NBA SEASON PREVIEW

Metro sports editors predict the 2017-18 NBA season.

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Metro's sports editors in Boston (Matt Burke), Philly (Evan Macy) and New York (Joe Pantorno) made their predictions on which players and teams will reign supreme in the NBA in 2017-18.

Basketball is finally back!

And here is what to expect this season:

East Champs

Burke: Celtics. LeBron has one foot out the door to Los Angeles. By losing to the Celtics in East Finals it'll give him the perfect excuse to bolt to the Lakers next summer. Isaiah Thomas isn't going to be healthy by New Year's Day and he no longer has Brad Stevens (who propelled Isaiah from a bench player to a legit All-Star in two years) whispering in his ear.

Macy: Cavaliers: The Celtics-Cavaliers Eastern Conference Finals bout could be an epic six- or seven-game series, but

LeBron James is still in his prime and a healthy supporting cast, even with Kyrie Irving in Boston and not Cleveland, is enough for the Cavs to prevail in a very weak East. Isaiah Thomas' addition and perhaps the space opened up for more Kevin Love — as well as a not-done-yet Dwyane Wade — lifts the Cavs again.

Pantorno: Cavaliers. I wish we could just fast-forward to spring-time so we can see this Cavaliers - Celtics Eastern Conference Final matchup. Given Boston's additions this offseason, I understand

how choosing between these two is a toss-up, but I always have a hard time going against LeBron James and an angry Isaiah Thomas.

West Champs

Burke: Warriors. I think OKC will be able to snag a game or two from Golden State in the West Finals, but that's about it.

Macy: Warriors. I wish there was another potential pick-any other team that could fathomably be selected here. The Rockets will have growing pains, the Spurs are looking like they will

drop off and the Thunder — as great a storyline as it would be — have tons to figure out themselves. Maybe 2019 goes another way, but in June of 2018 Golden State rises above once again.

Pantorno: Warriors. Unless the Western Conference All-Stars decided to join forces and play competitively, no one is withholding the Warriors from the Finals unless injuries hit. The Rockets, Thunder, Spurs and Timberwolves can lurk all they want, but they're just competing to get to a conference final and lose.

NBA Champs

Burke: Warriors over Celtics in 5. Brad Stevens is 2-2 against the Warriors in the past two seasons, but Golden State's roster remains the best in NBA history. Unfair.

Macy: Warriors over Cavs in 5. They are probably the best basketball team ever assembled. All we can do is sit back and enjoy.

Pantorno: Warriors over Cavs in 7. Curry, Durant, Thompson, Green, depth. Get ready to see the Larry O'Brien Trophy stay by the bay.



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NBA MVP

Burke: Kyrie Irving. Irving is this year's Russell Westbrook in that he needs to prove he can carry a team on his own. His quest to also prove to LeBron that he's "for real" won't end with a championship this season, but it will end with the highest individual award you can receive in the sport of basketball.

Macy: LeBron James. I don't know, I feel like the raw fury that is King James will unleash this season and propel the almost GOAT to his fifth NBA MVP.

Pantorno: Giannis Antetokounmpo. Russell Westbrook has to split touches with Carmelo Anthony and Paul George. LeBron will have to co-exist with IT. James Harden's offense will be run by Chris Paul. Curry and Durant will continue their symbiotic partnership. But in Milwaukee, the Bucks are Antetokounmpo's team and he has the freakish skill-set to carry his team toward the top of the East.

Rookie of the Year

Burke: Lonzo Ball. The Lakers won't be any good but Ball will make highlight reel passes on

a nightly basis. Ben Simmons will be overshadowed by Joel Embiid in Philly. Ditto for Markelle Fultz. And Jayson Tatum's numbers with the contending Celtics won't be gaudy enough to warrant ROY.

Macy: Ben Simmons. This isn't a homer pick. This is a smart pick. Everyone is overlooking last year's No. 1 overall pick but the Sixers are an absolutely perfect place for the 6-foot-10 point guard. He has shooters at the wing to dish to in JJ Redick and Robert Covington, he has an insanely talented pick-and-roll mate in Embiid.

Pantorno: Dennis Smith Jr. The Dallas point guard can score from anywhere on the floor and has the hops to dominate Twitter with rim-shattering dunks. With Seth Curry sidelined, the Mavs' offense is all his. He'll just edge Ben Simmons for the award.

Surprise team

Burke: Hornets. Kemba Walker's points per game totals have climbed each of the past three seasons and he's just now entering his prime at the age of 27. Malik Monk was a sneaky good draft pick for Michael Jordan. Expect the Hornets to get a four seed in the ugly East.

Macy: Timberwolves. I

would love to pick the Sixers here — and I still expect them to slide into the playoffs in a weak eastern conference, but the T-Wolves are the squad I expect to burst onto the scene as a real contender. That includes them taking the Warriors to seven games in the second round out west.

Pantorno: Jazz. Defense still means something to me and the Jazz are expected to provide a stifling brand of it. Rudy Gobert is at the center of all this and I could expect him to give Leonard a run for his money for Defensive Player of the Year award.

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3 Things from the Giants upset win over Denver



1. Run the ball, feed Darkwa

Isn't it amazing what happens when the opposing defense can't just plan for Eli Manning and the passing game?

With New York Giants head coach Ben McAdoo giving up offensive play-calling duties to offensive coordinator Mike Sullivan, Manning attempted just 19 passes toward a makeshift group of receivers, completing 11 of them for 128 yards and a touchdown in the 23-10 win. He had attempted no less than 32 in New York's prior five games this season.

It gave running back Orleans Darkwa an opportunity

to be the featured back and he ran with it... literally.

On Sunday night, the fourth-year back rushed for a career-high 121 yards on 21 carries. His previous single-game bests before that were 69 yards and just 12 carries.

He looked comfortable in his new role and most importantly patient as he slashed through Denver's defense, including a 47-yard run that led to the Giants' first touchdown of the night.

This was no fluke either. The Broncos' run defense has still allowed the least amount of yards in the NFL this season despite being gashed open by Darkwa and the Giants on Sunday night.

2. JPP the menace

Defensive end Jason Pierre-Paul showed flashes of returning to the form that made him one of the league's premier pass rushers earlier in his career last season when he collected 5.5 sacks in a two-game stretch against the Cleveland Browns and Chicago Bears.

Through five games in 2017, he had just 1.5 sacks and was

struggling to get to the quarterback. That is, until Sunday night.

Pierre-Paul made mincemeat of Billy Turner, sacking Trevor Siemian three times on the night while racking up seven solo tackles and forcing a fumble.

The defensive end's first step was as explosive as ever and his arsenal of moves was simply unstoppable.

Look for him to feed of this performance moving forward.



3. Pugh-tiful

With four sacks in his previous three games, it was expected that Broncos linebacker Von Miller would feast against New York's weaker line. But Big Blue came up with a big solution, shifting Justin Pugh from left tackle to right guard after benching Bobby Hart in order

to seal off the edge frequently inhabited by Miller.

The move was an overwhelming success as Miller was unable to get to Manning for most of the night, though he did grab a sack in the third quarter. However, that came when the Giants built a comfortable lead and were up by three scores.

JOE PANTORNO



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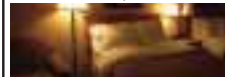
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SUPREME COURT: QUEENS COUNTY HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR WELLS FARGO ASSET SECURITIES CORPORATION, MORTGAGE ASSET-BACKED PASS-THROUGH CERTIFICATES, SERIES 2007-PA3; Plaintiff(s) vs. ALEX CORONEL; SUSAN CORONEL; et al; Defendant(s) Attorney (s) for Plaintiff (s): ROSICKI, ROSICKI & ASSOCIATES, P.C. 2 Summit Court, Suite 301 Fishkill, New York, 12524 845.897.1600 Pursuant to judgment of foreclosure and sale granted herein on or about February 2, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM # 25. On November 3, 2017 at 10:00 am. Premises known as 58-23 60TH PLACE, MASPETH, NY 11378 Block: 2727 Lot: 2 ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment \$627,522.15 plus interest and costs. INDEX NO. 11927/13 Kerry John Katsoris, Esq., Referee

NOTICE OF FORMATION

of Baristola Management LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 07/28/2017. Office location: Queens County, SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 124-16 15th Ave., College Point, NY 11356. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN

that a license, Number 1305388, for On Premise Liquor, with an additional bar, has been applied for by the undersigned to sell Liquor, Wine, & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 701 West 135th St., Storefront 3, New York, NY 10031, for on premises consumption. The Trophy Room, Inc.

NOTICE IS HEREBY GIVEN

that a license, Number Pending, for Beer, Wine & Cider has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 21 Mott Street, New York, NY 10013, for on premises consumption. Shanghai Asian Manor, Inc. d/b/a Shanghai Asian Manor.

NOTICE IS HEREBY GIVEN

that a license, Number 1305386, for On Premise Liquor, with an additional bar, has been applied for by the undersigned to sell Liquor, Wine, & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 701 West 135th St., Storefront 2, New York, NY 10031, for on premises consumption. Fioridaliza, Inc.

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Across

- 1 Gnat
6 In plain view
11 Invisible substance
14 Kermit's color
15 Tomato product
16 Spanish gold
17 Florida's capital
19 Be ill
20 Fracas
21 Major oil hub
23 Majordomos
27 Edgier
28 Open
29 Hibernating animals
31 British school
32 Man in a mask
34 Cried
38 Clementine's shoe size
39 Delaney of "NYPD Blue"
40 Proclaim
41 Bullring yells
42 Spooky noise
44 Harvard rival
45 Entertainment award
47 Sewing kit item
49 Feathers
52 Most embarrassed
53 In a few hours
54 Used a crowbar
56 Hill builder
57 Not very down-to-earth
63 Finish a cake

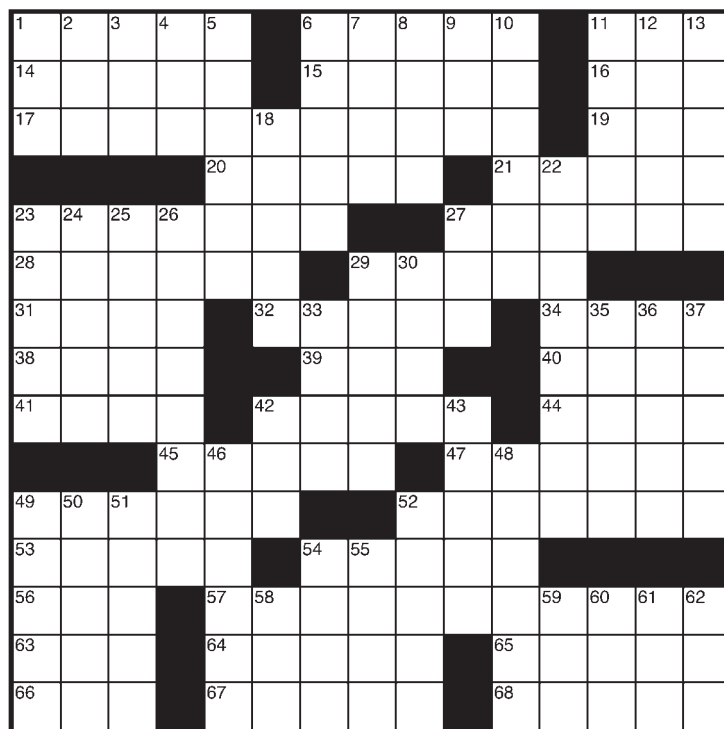
- 64 Intended
65 Geologic period
66 "The," to Wolfgang
67 Mead subject
68 Hedda's thanks

Down

- 1 Execs
2 Rollover subj.
3 Penn. neighbor
4 Hair goop
5 Shiny paint
6 Iridescent gems
7 Flower container
8 Latin I verb
9 I-90
10 Wobble
11 Hockey scores
12 Pop up
13 -plexus
18 Avis rival
22 Resolute

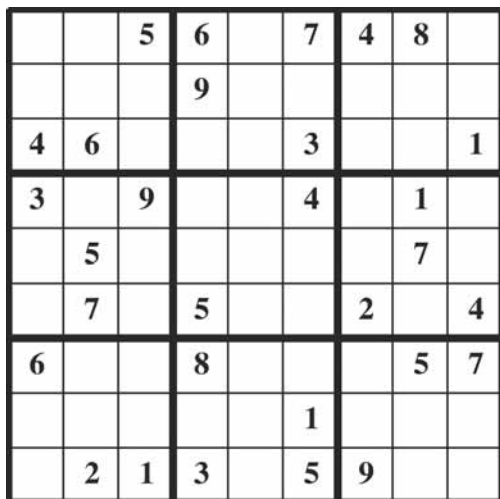
- 23 Good, to Juan
24 Before
25 Juicy steak (hyph.)
26 Eager for company
27 Chinese "way"
29 Bramble
30 Humorist - Bombeck
33 Gumbo veggie
35 Circumvent
36 Votes
37 Bird sound
42 Shot meas.
43 Pay homage
46 Antitoxins
48 Swirled
49 Laird's wear
50 Spear
51 Out-and-out
52 Rodeo noose
54 Wheels for nanny
55 Casino city
58 PBS funder
59 Health resort
60 2,000 pounds
61 Gross!
62 Ernesto Guevara

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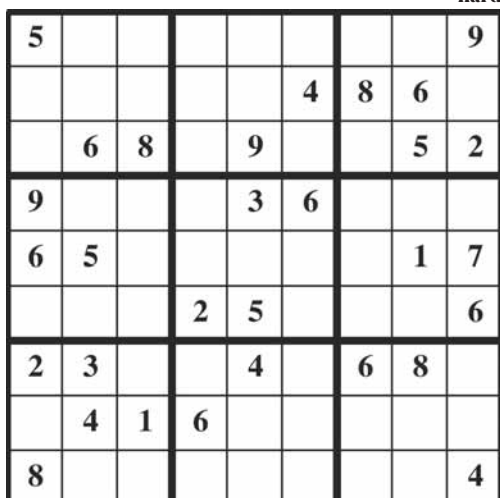


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easy



hard



metro.us/horoscopes



Aries Personal changes will give you a professional image that will help you get ahead professionally or draw the attention of someone you want to get to know better.



Taurus Don't waffle when given a choice. If you want to make changes, consider your options and find out what's required. Information is key to getting things done right.



Gemini Choose to do something that makes you feel good about the way you look. Spend time with people who make you smile and appreciate you for who you are.



Cancer Personal problems, stress and displeasure with someone you live or work with will weigh heavily on your mind. Stay focused on accomplishment, not on setbacks.



Leo Improved health, proper diet and exercise and the direct handling of emotional issues will help you solve any dilemmas and reach your destination.



Virgo Liven things up a little by taking up a new pastime. Socializing more or spending time volunteering to help others will do you a world of good. Expand your interests.



Libra You may need to make adjustments if you want to fit in to a group or situation that requires unity. Bend a little, and others will meet you halfway.



Scorpio Keep your plans simple and doable. If you take on too much, you will fall short of your goal. You can ride a wave to victory if you are careful and observant.



Sagittarius Emotional stress can weaken your immune system. Take time to rejuvenate before you take on more responsibilities. Overreacting or arguing will be exhausting.



Capricorn Take a moment to gather information. Being informed will help you avoid mishaps when dealing with institutions or bureaucracy. Know what's expected of you.



Aquarius You have more leverage than you realize. Step things up and make clear what you want to see happen. Love is highlighted, and a commitment can be made.



Pisces Look at your financial situation. It's in your best interest to move funds around to accommodate some of the plans you want to pursue. **EUGENIA LAST**

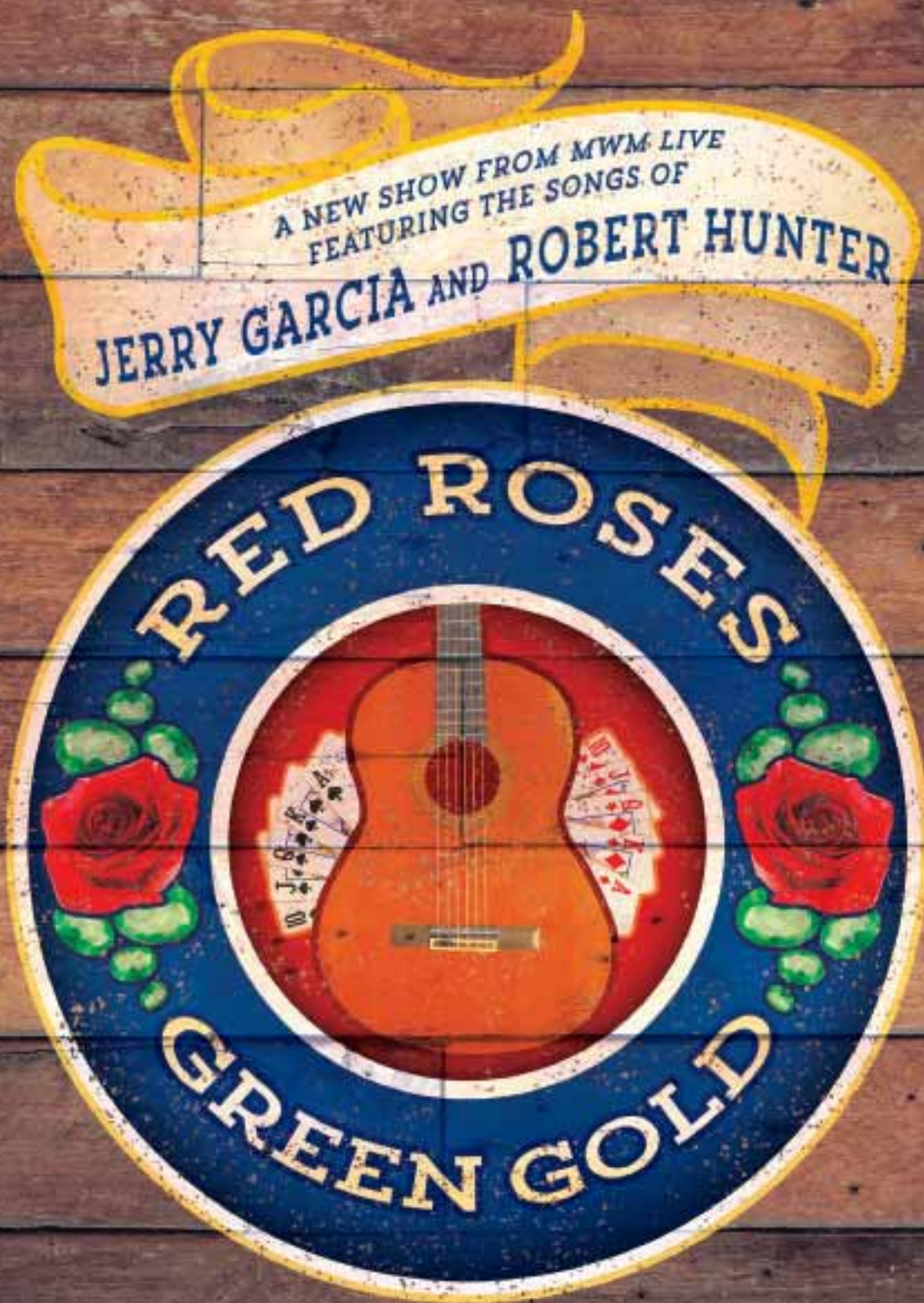
Yesterday's answers														
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